

Offerings

Welcome Aboard

(six hours; classroom, dock side and on the water instruction for the beginner sailor. Participants in this course may choose one additional shore-based class.)

ON-THE-WATER

Choose one for the morning
and one for the afternoon

Anchoring / raft up basics

Docking your sailboat

Overboard procedures

Being the skipper (intermediate +)

Sail trim (intermediate+)

Spinnaker basics (intermediate +)

IN-THE-CLASSROOM

Choose one for the morning
and one for the afternoon*

CPR No extra cost for enrollees who will be given preference. Also open to all LPSC members as space allows for a \$7 certification card processing fee.

Dealing with the unexpected

General deck safety

Going offshore

Knots / line handling

Rules of the Road

Using a GPS

VHF radio procedures

Weather Wisdom (AFTERNOON ONLY.)

Welcome aboard,

The Ladies' Day @ the Lake is a day-long, sailing summit for women sponsored by Lake Pleasant Sailing Club (LPSC). It is designed to introduce women to and/or enhance their skills in recreational sailing through both land-based seminars and on the water workshops.

Two hour workshops are available for a variety of topics and for most sailing skill levels. All on the water coaches are US Coast Guard licensed captains, American Sailing Association and/or Game and Fish certified instructors. Small teacher to student ratio in these courses will guarantee students will receive personal attention.

All instruction, course materials and a box lunch are included in the \$75 fee for the Day @ the Lake. Registration is on a first come first serve basis and enrollment is strictly limited to 45 participants. Priority LPSC club enrollment must be postmarked prior to August 21. Thereafter registration will be opened to the general public.

I urge all members and friends to take advantage of this sure to be fun learning opportunity. Remember, **enrollment is limited and registration closes on AUGUST 30, 2009**. Don't be left out!

Bruce Andress

Commodore, LPSC



Ladies' Day @ the Lake

presented by Lake Pleasant Sailing Club at
the Desert Outdoor Center at Lake Pleasant

SATURDAY, OCTOBER 10, 2009

8 a.m. – 5 p.m.

7:00 – 7:30 a.m.

8:00 – 12:00 p.m.

noon – 1:00 p.m.

1:00 – 5:00 p.m.

Packet pickup

Orientation/workshops

Lunch

Workshops

Secure your place onboard and in the classroom today. Mail completed registration with your check or money order for \$75 per participant to:

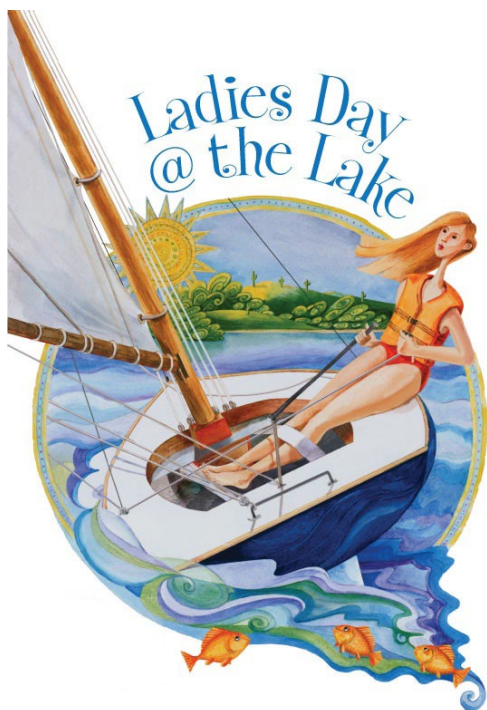
Lake Pleasant Sailing Club
Ladies' Day @ the Lake
27522 N. 33rd Avenue
Phoenix, AZ 85083

Registration and payment must be received prior to August 30, 2009.

Mid-August enrollees will receive course confirmation via e-mail or USPS.

Refunds less \$25 for cancellations received prior to Aug. 20th.

No refunds after Aug. 30th. Courses subject to enrollment.



WELCOME ABOARD / Novice — — For the newbie to learn the ropes, parts of the boat and what makes a sailboat work. (six hour total classroom, dock side and on-the water instruction) NOTE with this course you may choose one additional classroom or dock side class for a total of eight hours of instruction.

ON THE WATER

Choose one for the morning and one for the afternoon

ANCHORING / RAFT UP BASICS — Learn hands-on step-by-step methods to safely set an anchor. Discover how to be sure it is holding and what to do if it drags. Practice approaching a raft up, tying off to other boats and a safe departure. Learn to weigh anchor, even if a palo verde tree wants you to stay.

DOCKING YOUR SAILBOAT — Most mishaps on boats happen at or near a dock. Learn step-by-step instructions for general launching and retrieving. Learn to use your boat, the wind and current to determine the best way to approach for a soft and safe landing. Hone ways to protect your boat and yourself with a boat hook, cleats and fenders.

OVERBOARD PROCEDURES — With the help of Oscar, this class will cover step-by-step sequence of what to do if someone falls or is knocked overboard. Includes how to use the MOA on GPS, calling for help, spotting, heaving to and pick up strategies. All women will take the helm to practice overboard pick up techniques.

BEING THE SKIPPER — Gain skills and confidence to be a practiced decision maker (AKA skipper) with crew or while you are alone Local Lake Pleasant must-know information will be addressed. Learn Coast Guard proven techniques to keep your voyage good.

SAIL TRIM / Intermediate + — Want to speed up, reduce heel, ease weather helm, or for that matter, slow the boat down. Discover how to tweak your sails to make the boat do your bidding including heaving-to.

SPINNAKER BASICS / Intermediate + — Step by step of setting, flying and dousing a spinnaker. (on-the-water or dock side TBD instructor's discretion)

AT THE DOCK OR IN THE CLASSROOM

Choose one for the morning and one for the afternoon*

CPR — Learn the latest techniques for Cardiopulmonary Resuscitation. Open to all LPSC members with a \$7 card processing fee. Registrants will not be charged and will be given preference. See lakepleasantsailing.com/signoffriend.htm (TWO MID DAY SESSIONS ONLY)

DEALING WITH THE UNEXPECTED — What if someone gets hurt? What if the boat is taking on water? What if the weather turns NASTY? This is an interactive course that will help you develop confidence, resourcefulness and good decision making skills to use in an emergency.

GENERAL DECK SAFETY — This class will help you assure you have everything on board to make your boat safe and legal to operate in Arizona or navigable waterways. Learn the top ten (or more) safety tips to follow while aboard your boat.

GOING OFFSHORE — Planning to leave sight of land? This course will cover the basics of what you need to learn before going beyond Lake Pleasant. Mooring ball pick up included!

KNOTS / LINE HANDLING — learn how to safely keep a boat at the dock, tie it up so it will not escape and practice the knots you need to sail, raft up, anchor or trailer your boat.

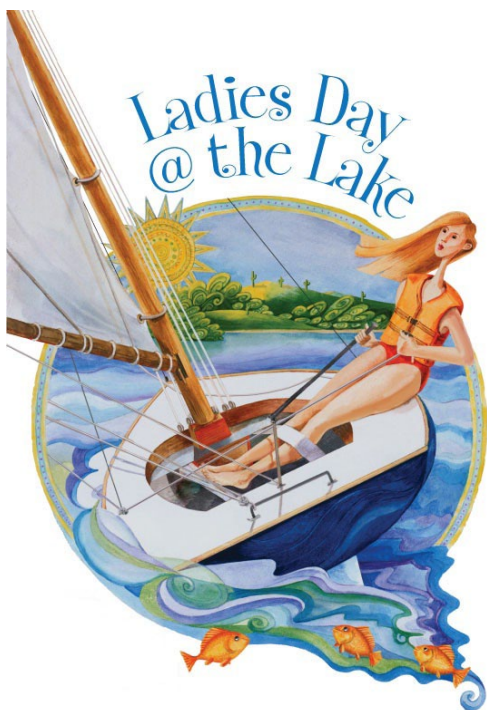
RULES OF THE ROAD — If you don't know the lawful traffic pattern at Lake Pleasant or when a sailboat is the give way vessel you should take this course. Classroom and dock side work will enlighten who should hold their course and speed and who should give way.

USING A GPS — What all can this gizmo do? A lot! How does it work? Discuss the important MOB button, marking way points and danger zones, plotting courses and getting the most out of your Global Positioning System.

VHF RADIO — Learn to use your VHF radio like a pro. Practice hailing, responding, monitoring and emergency procedures on the VHF radio.

WEATHER WISDOM — John Bagwell, a licensed balloon pilot has been watching the weather at and around Lake Pleasant for a long time. In this class John will explain what he has learned about the mysteries of the area's winds. (AFTERNOON ONLY, JOHN FLIES IN THE AM)





INSTRUCTORS / FACILITATORS



CAPT JOHN BAGWELL — a LPSC member since 2001 currently serves on the LPSC board as director at large. John has flown hot air balloons around the Lake Pleasant skies for a long time, gaining local weather expertise that is unrivaled. A full-time professional balloonist, John has completed 13 flight logbooks, has flown over 35,000 passengers and flies over 300 days each year. His Weather Wisdom course should not be missed.



TOM ERRICKSON — Has been a sailing Instructor since 1988, and is the owner/founder of the Sailboat Shop at Lake Pleasant, service manager of Sails West Sailboats, a certified instructor for US Sailing and the American Sailing Association. A former Commodore of the Arizona Yacht Club, Tom initiated the Arizona Yacht Club's Leukemia Cup Regatta, served on the Board of Directors of Lake Pleasant Sailing Club, Executive Board of Directors of Friends of Rio Salado and consulted on Tempe Town Lake Marina Development. Tom and his boat appeared on cover of *Arizona Highways Magazine* July 1993.



DAVE ESPARZA — has taught boating safety classes in Arizona for more than ten years. He is a USCG Auxiliary boat and PWC coxswain, earned the designation of AUXOP, is a certified boating safety education instructor and has served as a Division Captain and on National Staff for Public Affairs with the Coast Guard Auxiliary. Dave also teaches boating safety education courses for Arizona Game and Fish Department.

JUNE ESPARZA — has taught boating classes in Arizona for more than ten years. She is a USCG Auxiliary PWC coxswain, earned the designation of AUXOP, is a certified boating safety education instructor and has served on National Staff for Public Affairs for the Coast Guard Auxiliary. June also teaches boating safety education courses for Arizona Game and Fish Department and is well known to be an excellent boat engineer.



CAPT JEFF GUNN, USCG (RET) — has been involved in maritime safety for over 38 years. Jeff retired from an extremely rewarding 31 year career in the United States Coast Guard in 2002. He served his last 14 years in southern California waters. Jeff has an extensive background in boat and ship piloting and navigation, deck seamanship, search and rescue operations including first aid, firefighting and damage control. Captain Jeff now balances his time skippering yachts and charter boats, and teaching. He is an instructor at the Maritime Institute in San Diego, teaching professional mariner courses. Jeff is also an instructor for the California Department of Boating and Waterways, teaching marine patrol officer courses. Jeff continues his service to the Coast Guard as a member of the Auxiliary. He was appointed branch chief on the national operations staff, and was in charge of the personal watercraft and paddle craft programs nationwide. Jeff is an active member of the National Safe Boating Council as an instructor and member of the training and education committee. Jeff is the past president of the California Boating Safety Officers Association, and was a charter member of the Colorado River Boating Safety Task Force. Jeff was awarded a Letter of Commendation in 2006, from the National Water Safety Congress for his accomplishments and contributions to water safety.



OSCAR MOB — is often seen falling and being thrown off boats. Oscar, a real boating dummy, has served from coast to coast and in Arizona waters from Lake Havasu to Powell. Oscar has facilitated innumerable man overboard drills. The US Coast Guard Auxiliary Oscar, an articulated but underweight adult-sized dummy, will safely go into the water for repeated retrieval drills. Oscar helps make a pick up more lifelike.



INSTRUCTORS / FACILITATORS



GAIL E. HINE — Skippering and racing with an excellent performance record on her 24-ft sloop, HUMMER, for decades Gail has been a leading force in promoting women's sailing. She began a six-seminar per year "Women's Instructional Sailing Program" at Redondo Beach YC, was a Southern California Yacht Association (SCYA) director, the first recipient of the 'Peggy Slater Award', Commodore of Redondo Beach YC, President of Recreational Boaters of California, received the WSA's 'Marilyn Butefish Award,' SCYA's 'Warren Ewert Trophy,' ASMBYC's 'Yachtsman of the Year,' the Pacific Coast Yachting Association's 'Charles A. Langlais Trophy,' SCYA's 'James Webster Trophy' and a two time BCYC's Newport Yachtsman of the Year. She has spearheaded the SCYA Women's Sailing Committee and Women's Sailing Conventions for the past 20 years. In 2001, Gail was selected to be on the board of the National Women's Sailing Association (NWSA) and was the recipient of the national Leadership in Women's Sailing Award. In 2006, US SAILING announced that SCYA Women's Sailing Convention had won their Community Sailing Program "More than 10 Years of Hallmark Performance Award." Gail served two years on board of the US SAILING's Women's Sailing Council. She continues as a Director of the National Women's Sailing Association and had been on the Board of Directors of Recreational Boaters of California for 27 years.



DEBBIE HUNTSMAN — has been a member of the Lake Pleasant Sailing Club for over 10 years and currently serves on the board as newsletter editor. She is a USCG Auxiliary coxswain, earned the designation of AUXOP, is a certified boating safety education instructor and has served as a flotilla commander and District 11S Staff Public Affairs Officer for the Coast Guard Auxiliary. Debbie also teaches boating safety education courses for the State of Utah and Arizona Game and Fish Department.



CAPT ED HUNTSMAN — is a life long sailor and former Lake Pleasant Sailing Club commodore. In addition to serving the citizens of Arizona as the Boating Safety Education program manager for the Arizona Game and Fish Department, Ed is an ASA sailing instructor, USCG Auxiliary boat crew qualification examiner, member of the National Safe Boating Council's Education and Training Committee, The National Association of State Boating Law Administrator's Education Standards and Best Practices Committee. The Western States Boating Administrators Association named Ed the Boating Professional of the Year in 2007. Ed now serves as Western Regional VP of the National Water Safety Congress.



BRIAN KLINGER — began boating on the Great Lakes when he was a wee lad. He joined the United States Coast Guard where he was stationed on a 290 foot ice breaker on the Great Lakes and 180 foot buoy tender where he specialized in navigation, honors and ceremony, and as a ship board rescue swimmer. Brian was on the lead escort for the Chicago to Mackinaw Island race for two years in a row. Currently, Brian is pursuing a degree in education while working at Arizona Game and Fish Department where he often skips the "WEAR IT" boat. "Combining a love for boating with my passion for education makes for a dream job!"



CAPT MICHAEL MILLMAN — Capt Michael has been sailing the southwest and Southern California coast for over 15 years. As skipper on Lake Pleasant's Desert Princess, Michael was the one time Pleasant Harbor Marina fleet operations manager. He was responsible for the day to day operations of the vessel as captain, including crew training and scheduling, maintaining logs, policies and procedures manuals, drug testing requirements, supervising mechanical and engineering personnel, pre and post underway maintenance of Caterpillar and Cummins diesel engines, the water and electrical systems, navigation and communication systems and ship structures. As an assistant dive master and second-captain, Michael has coordinated and facilitated advanced open water dive training operations for both domestic and international inland and ocean dives, provided academic, confined and open water assistance to instructors, dive-masters, rescue divers, and advanced open water students during confined, open water and classroom training. Capt Michael has delivered academic instruction and presentations on small boat handling, basic skills and seamanship, marine electronics, installation and troubleshooting of marine electronics and instrumentation, marlinspike seamanship and basic coastal navigation to varied and diverse audiences in both public and private settings.



GILLIAN NEEDHAM — started with the American Red Cross as a junior lifeguard in 1995, and now has been certified as a Lifeguard and Water Safety Instructor (WSI) for more than 10 years and partners in a Tucson swim school called Swim Girl Inc. Gillian also teaches CPR, First Aid and AED courses on the Professional Rescuer Level in addition to aquatic classes. She is a member of Safe Kids Tucson and the advisory council of the Drowning Prevention Coalition on Arizona where she works with the Phoenix Children's Hospital Water Watchers and Water Safety is for You programs. Her CPR class could be a lifesaver.

BRIAN STRIEDIECK — has sailed in Arizona for 22 years and has owned 13 sailboats. Sailing to Catalina Island numerous times, the British Virgin Islands and frequently racing in regattas on Lake Pleasant, Lake Havasu, and southern California, Brian is unusually passionate about sailing and sail trim.

THERESA STRIEDIECK — has been an avid sailor for 18 years. Theresa has served as first mate (with Brian) cruising to Catalina Island numerous times and in the British Virgin Islands. She has also participated in numerous regattas on Lake Pleasant, Lake Havasu, and southern California. Theresa is a classroom teacher who loves to race.

CHOOSE YOUR SCHEDULE:

With the exception of Welcome Aboard enrollees, select up to one morning and one afternoon on-the-water workshop and choose two (* or four if you choose not to go on the water) classroom workshops for a total of eight hours. Please complete alternate schedule choices.

All classes subject to enrollment.

☐ **Welcome Aboard**

choose one additional classroom workshop and alternate

1st Choice:

2nd choice

☐ **All other courses**

1st Choice:

8:00

10:00

1:00

3:00

2nd Choice:

8:00

10:00

1:00

3:00

NOTE: Course availability is subject to enrollment. Space is strictly limited for all on the water classes.

☐ **Vegetarian option for lunch**

emergency phone contact

Sign me up for Ladies' day @ the Lake

Name (please print)

Address

City

State

Zip

E-mail:

Tel (H)

Tel (W)

Tel (C)

Sailing level:

☐

Novice (0-2 yrs)

☐

Intermediate (3-5 yrs)

☐

Advanced (5+ yrs)

Sailing experience:

I take the helm under power

☐

often

☐

seldom

☐

never

I take the helm under sail

☐

often

☐

seldom

☐

never

Cruise

☐

Racer

☐

Other

Sailing affiliation(s)

☐

LPSC

☐

AYC

☐

Other

Make \$75 check payable to Lake Pleasant Sailing Club

REGISTRATION AND PAYMENT MUST BE RECEIVED BY AUGUST 30, 2009

LPSC members in good standing may attend the CPR class as space allows. Please reserve a space for:

Member other than enrollee name (please print)

E-mail:

Tel (H)

Tel (W)

Tel (C)

Mail to: Day @ the Lake, 27522 N. 33rd Ave., Phoenix, AZ 85083

More detailed waiver to be signed at packet pick up. See online.

In consideration of your accepting my registration form and fee, I agree to the following:

1. I will comply with all safety procedures and instructions including, but not limited to complying with any and all USCG regulations and requirements while on board a vessel, and I agree to wear a USCG approved life jacket at all times while underway.
2. I release Lake Pleasant Sailing Club (LPSC), the Desert Outdoor Center, their respective members, volunteers, sponsors, agents or committee personnel from any and all liability for any injury to me or a yacht arising out of my participation in this event and all social events connected therewith, whether such loss is due to property damage including but not limited to boat and/or any and all of its gear, personal injury or loss of life, even if such loss or injury is due to the negligence of any party so released.
3. I assume all risk of accident, loss of property including but not limited to loss of personal property and personal injury or loss of life arising out of my participation in this event and use of club facilities, due to failure or breakage of the yacht sailed on or any of its equipment and/or weather and sea condition.

Signature

date